



## Swap that...



**Restaurant salad with bacon, cheese, ranch dressing & croutons = 900 calories**

## ...for this.



**Restaurant turkey sandwich, cup of broth-based soup & fruit = 640 calories**

***Just because it's called a salad doesn't mean it's low in calories.*** Swapping fat and calories out of your diet for better alternatives depends on how well you know which foods provide the right nutrition. You need some nutritional insider insight. Alere Health Coaching is ready to help. Through this free and confidential service that is provided with your benefits, you will get unlimited access to your very own personal health coach. Your coach can help you find ways to reach your health goals. Get advice from your coach by phone, secure email or online chat. Make the switch.

LOSE WEIGHT   EAT HEALTHIER   BE MORE ACTIVE   GAIN ENERGY   EASE STRESS   FEEL BETTER

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